## CLAIMS

## I claim:

- 1. A system for storing energy during an off-peak period and distributing energy during a peak period in a wholesale energy market, said system comprising:
- a first energy directing means for directing energy produced in the wholesale energy market during the off-peak period into an energy storage means for storing energy; and
- a second energy directing means for directing energy from said energy storage means into the wholesale energy market during the peak period.
- 2. The system according to claim 1, wherein said energy storage means is selected from the group consisting of a pumped hydropower system, a compressed air energy storage system, a battery system, a flywheel system, a superconducting magnetic energy storage system, a supercapacitor system, a thermal energy storage system, and a mechanical potential energy storage system.

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3. The system according to claim 1, wherein said energy storage means comprises a mechanical potential energy storage system including a mass, a lifting means for lifting said mass, and a lowering means for lowering said mass.

4. The system according to claim 3, wherein said mechanical potential energy storage system creates potential energy by lifting said mass with said lifting means using energy produced during the off-peak period; and

wherein said second energy directing means is powered by said potential energy during the peak period when said mass is lowered with said lowering means.

5. The system according to claim 1, wherein said energy storing means comprises a mechanical potential energy storage system selected from the group consisting of a pulley and cable system, a block and tackle system, a chain pull system, and a hydraulic system.

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A method of storing energy during an off-peak period 6. and distributing energy during a peak period in a wholesale energy market, said method comprising:

producing energy in the wholesale energy market during the off-peak period;

directing the produced energy into an energy storage means; storing the produced energy in the energy storage means; and

directing the produced energy stored in the energy storage means into the wholesale energy market during the peak period.

The method according to claim 6, further comprising 7. selecting the energy storage means from the group consisting of a pumped hydropower system, a compressed air energy storage system, a battery system, a flywheel system, a superconducting magnetic energy storage system, a supercapacitor system, thermal energy storage system, and a mechanical potential energy storage system.

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configuring the energy storage means with a mechanical potential energy storage system including a mass, a motor, a means for lifting the mass connected to the motor, a generator, and lowering means for lowering said mass connected to the generator.

8. The method according to claim 6, further comprising:

9. The method according to claim 8, further comprising:

creating potential energy by lifting the mass with the motor and the lifting means for lifting using the energy produced during the off-peak period; and

powering the generator during the peak period with the potential energy when the mass is lowered with the lowering means.

10. The method according to claim 6, further comprising configuring the energy storage means with a mechanical potential energy storage system selected from the group consisting of a pulley and cable system, a block and tackle system, a chain pull system, and a hydraulic system.

11. A method for creating profit in a wholesale energy market, said method comprising:

producing energy in the wholesale energy market during the off-peak period;

directing the produced energy into an energy storage means; storing the produced energy the energy storage means;

directing the produced energy stored in the energy storage means into the wholesale energy market during the peak period; and selling the produced and stored energy directed into the wholesale energy market during the peak period at a peak period price.

12. The method according to claim 11, further comprising selecting the energy storage means from the group consisting of a pumped hydropower system, a compressed air energy storage system, a battery system, a flywheel system, a superconducting magnetic energy storage system, a supercapacitor system, a thermal energy storage system, and a mechanical potential energy storage system.

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13. The method according to claim 11, further comprising: configuring the energy storage means with a mechanical potential energy storage system including a mass, a motor, a means for lifting the mass connected to the motor, a generator, and lowering means for lowering said mass connected to the generator.

The method according to claim 13, further comprising:

creating potential energy by lifting the mass with the motor and the lifting means for lifting using the energy produced during the off-peak period; and

powering the generator during the peak period with the potential energy when the mass is lowered with the lowering means.

The method according to claim 11, further comprising configuring the energy storage means with a mechanical potential energy storage system selected from the group consisting of a pulley and cable system, a block and tackle system, a chain pull system, and a hydraulic system.